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HEALTH

ESTD. 1923

A JOURNAL DEVOTED TO HEALTHFUL LIVING

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Price FOUR Annas.

EDITED BY U. VASUDEVA RAU, M.B., B.S.

What's New in the News?

Holes in the Heart plugged

The University of Colorado Medical School reports sucessful operations on four children, who were born with holes in their hearts. These holes were effectively plugged with plastic buttons, sewed into the organs. Without the surgical correction, all these four children faced danger of death, because their hearts were being over-worked.—(*The Indian Practitioner*, July 1953).

●

The Protein of Wheat

The protein of wheat is deficient in one of the 23 essential aminoacids *viz.*, LYSINE. Milk or dried yeast should therefore, be added to supply this deficiency. The taste of bread made with such additions is altered.—(*Med. Rev. Rev.*, July 1953).

●

No Smoking

Various delegates at the Economic and Social Council of the United Nations, complained about the rule forbidding smoking at the meetings. But the Secretary-General of the United Nations, Mr. Trygvie Lie firmly resisted the demand and the atmosphere continues uncontaminated by tobacco fumes.—(*Good Health*, U.S.A. June 1953).

●

Medical Examination for Athletes

Medical examination in the State of New York revealed that many aspirants for boxing had syphilis, cardiac disease, hypertension, chronic nephritis, diabetes, and "latent medical, traumatic and neurological conditions". Since 1946, eighty seven men have died after boxing bouts, 47 of them in the United States of America. The number of men who became "punch drunk" is not known, but this type of injury represents the most important occupational hazard of boxers. It is for Society to decide whether professional boxing should continue or not. The medical profession should however, insist on a thorough examination of men before the boxing match.—(Editorial, *Jour, Am. Med. Assoc.*, 150: 13-12-1952).

●

How Astronomers Tell When An Eclipse of the Sun will occur

The stars we see in the sky at night are so far away that their light, travelling 186,000 miles a second, takes many years to reach us; the Sun is much closer and its light takes only about 8 minutes to reach us However, an eclipse of the Sun is caused, when the Moon comes in front of it. Since the Moon's distance is about 240,000 miles away, light takes only about 1·3 seconds to get from it to us That is the extent of the delay in seeing a solar eclipse due to the time it takes for the light to travel. Because astronomers know quite accurately how the Earth, Sun and Moon are moving, they can figure out long in advance, when the three bodies will be in such a position as to cause an eclipse —(*The Radsidian*, Aug. 1953).

●

Automatic Meal Service

Machines for vending simple meals will be in operation before long in the U.S.A. They are called Lunch-o-Mats and will have facilities for heating foods and for keeping them cool. Each establishment will have seven compartments offering juices and other beverages, sandwiches, pies and pastries. The prices of the dishes will range from 10 to 50 cents (eight annas to two rupees eight annas approximately of Indian money). It is hoped that such quick service will encourage more leisurely eating.— (*Good Health*, U.S.A., June 1953).

●

Stopped Heart Beat for nearly Three Minutes

Prof. Achille Mario Dogliotti, Head Surgeon of Turin University Clinic, reports that he stopped the heart beats of a 19-year-old youth for 2 minutes 50 seconds during an operation on the mitral valve on the left side of the heart. He said the operation was quite successful.—(*The Mail*, 15-5-1953).

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A Journal Devoted to Healthful Living

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CHILD-WELFARE AND UNICEF

Of world interest is the budget of the United Nations International Children's Emergency Fund (familiarly known as UNICEF). Writing in the *Courier*, the journal of the UNESCO, Mrs. Roosevelt pointed out that while the 'E' in the UNICEF stood for Emergency, the needs of over 500 of the 900 million children of under 15 years of age in the world are anything but temporary as these 500 million children live in perpetual want. The budget for 1953-1954 of the UNICEF is particularly welcome to us in India, as it reminds us of the great sympathy of the United Nations in the welfare of our young children. The present is the fifth year of the UNICEF's grants to several countries and the allotment made in 1953 amounts to eleven crores of rupees, for assistance to 77 countries and territories in Asia (including India), Africa, Europe, and Latin America. Since its inception in 1949 the UNICEF has contributed Rs. 3,37,00,000 (three crores and thirty seven lakhs of rupees) in support of health and child relief schemes in India, while India's contribution to the Fund has been under half a crore of rupees. Liberal aid was and is being given to India by the UNICEF out of munificent and liberal donations given by other countries, more particularly the United States of America. The assistance provided by the Fund to this country relates to the feeding of mothers and children and relieving distress in food-scarcity areas. It also provides equipment and supplies for health centres, laboratories, and children's hospitals, assists in the

training of child-health-workers, and in the prevention of diseases among children. Transport, medical equipment and supplies for the B.C.G. campaign are also provided by this Fund. It has provided financial help for buying machinery for the D D.T. factory, and also supplied D.D.T. for spraying dwellings as a precaution against Malaria. Equipment is also being provided for a plant which is being erected in Poona for manufacturing all the penicillin required for our country. The UNICEF shares with the Union Government the cost of establishing in Calcutta a training centre for child health workers, an announcement about which was made by the Deputy minister of Health Mrs. Maragatham Chandrasekharan, when she opened a Children's Hospital at Nagpur on the 19th May 1953

The Children's International Goodwill Day was observed in several countries of the World on the 18th of May this year, and these celebrations serve to remind us of the magnificent work being done in the field of child welfare by the UNICEF. The General Assembly of the United Nations has planned to consider at its ensuring session to be held in December 1953, the status of the UNICEF with a view to establishing it on a permanent basis. This proposal, we are confident, will receive universal support, as the Fund really represents a marked advance in the "growing awareness of peoples in far-separated countries, of the sufferings and wants of all and their readiness to help one another". India should willingly join hands and help to perpetuate this growing awareness and secure for her millions of young under-nourished children, freedom from starvation, disease and distress.

Intellectual Servility

An overweening regard for authority in the sciences, is the offspring, either of a slender understanding or a timid spirit, still further enfeebled by bad education. It shows itself, not merely in an unsuspicious assent to alleged facts—a pardonable credulity—but in an implicit adoption of the conclusions of eminent men, when we should examine for ourselves, both their premises and reasonings. The latter species of intellectual servility has done much harm to the profession and through it to society at large. In general, we are under the necessity of receiving as true, that which the archives of medicine present to us as fact; *for it is impossible* to repeat every experiment, and many observations can never be made a second time, because the same combination of circumstances may not recur; but nothing should be taken on trust, when it can be avoided; as that which is reported correctly, may have been seen incorrectly, and the professions of truth with which a subject is introduced may be designed by the author, to protect it from suspicion. But the *reasonings* of an author, a professor, or a colleague are, in fact, legitimate subjects of scrutiny and he who passes timidly over them, admits an inferiority, which fearless investigation might convince him did not exist. He becomes the slave of opinions, instead of the servant of truth; and contributes not more to the diffusion of falsehood than to the degradation of his own character. (Dr. D. Drake, M.D., in *Practical Essays on Med. Edn. and Med. Prof.* in U.S.A., p. 79, 1952).

HAPPY AND HEALTHY TO A HUNDRED

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THE average duration of life in western countries has always been higher than in India and during recent years, has further steadily increased. Though there has been a little increase in India during the past 50 years, the average duration is still only about 30.

"The glory of an young man", said Blackie, "is strength." Health is wealth. Without good health long life is not possible. It is a pity, however, that most of our countrymen are not properly informed on matters pertaining to health. There may be good lawns around us and yet we fail to go there regularly to take walks. We may have the means to buy and eat nourishing foods and fruits but we often fail to benefit by them. Instead, we buy and eat indigestible things, which are made to look attractive though really made out of unwholesome ingredients.

At the same time, we are slaves to fashion and modern customs. Our system of education has been such that considerable emphasis has been laid on book learning and passing examinations, without making useful healthy citizens of us. Students, on account of the excessively hard work they have to do to pass examinations, lose their health completely while still at school and college. They become physical wrecks when they enter the world. After entering life, these already emaciated citizens take to bad habits and practices involving the expenditure of both their money and their health. In the beginning, the effects of such wayward life may not be so markedly felt but soon they begin to tell and manifest themselves as indigestion, diabetes, heart-trouble and other incapacitating ailments. A stage is soon reached when medical treatment does not avail and they decline steadily and quickly in health, and ultimately reach their premature ends.

If only we realise that nature has endowed us with adequate vital power and that it has to be preserved intact without frittering it away, we can ensure a proper functioning of our system and rule out the possibilities of disease. The human body is a delicate machine which like all delicate ones, has to be tended carefully without overstraining it or allowing it to rust. A well-disciplined life, with careful habits of diet, and scrupulous avoidance of all vices, like smoking, drinking, breaking rest daily at cinemas and other places of enjoyment, sexual excesses etc., and the practice of Brahmacharya and concentration on the Almighty's powers, will enable us to live long, and to live for a hundred years or even

longer. Would not the father of our nation have lived for 100 years and more, had not the cruel hand of a heartless assassin cut his life short? The secret of his extraordinarily good health, vitality and powers of endurance lay in the austerity of his life and in self-control of a very high order.

The vital power in man is God-given and misuse of it means disloyalty and injustice to Him and travail to us. "There can be no justification for spending more than what we earn. If we do so nothing will be left with us," said Mahatmaji.

"What food shall we have and when" are two important questions. "Eat to live and not live to eat" is the best maxim to follow. Our food must be suitable to our needs and to the climatic conditions in which we work We should eat at regular intervals and at fixed hours. There are three kinds of food—the *satvik*, the *rajsik*, and the *tamsik*. By and large, the first is the best, as it keeps the body and mind in perfect harmony and makes us feel happy and healthy. Long life is compatible only with simple food, consisting of rice or wheat with plenty of fresh vegetables fruits, milk and milk products. Meat, fish and eggs are unnecessary and one can live happy without them; they contain no doubt good quality-protein with high food value, but it must be acknowledged that people can do without them and still keep perfectly fit and do as much work as those who eat flesh foods.

Those who wish to live long and healthy should take simple wholesome food and avoid all unnecessary worries and anxieties, in their daily life. Cares insidiously sap our health. We should learn to keep cool, calm and cheerful even under the most trying circumstances laugh over ills, and cultivate a sense of detachment. Innocent hobbies and diversions will keep us fit and healthy.

To keep the body in good trim, we must take regular daily physical exercise, suited to our age, health and to the climatic conditions. A daily constitutional walk early in the morning and when possible also in the cool of the evening is very good and essential particularly to those past middle age, if they wish to lead a healthy life and live up to a hundred years—the Vedic limit of *Sathayufpurusha*.

Advice to Fat People

Dr. Walter Alvarez, for 25 years consultant at the world-famous Mayo Clinic says:—Every stout man or woman asks for some new and painless method of reducing fat without dieting. They will walk miles, take pills, get rubbed, massaged, bathed, steamed and psychoanalysed; they will do anything but cut down their eating. How good, food tastes, especially the fattening foods, which should not be eaten! How heart-breaking it is to fight day after day and year after year to keep from eating too much! There is only one sensible way to reduce and that is to reduce the intake of food". "*Eat to live, not live to eat.*"—(*The R. and T. Syndicate*).

FEVERS

Dr. B. M. KOTHARY,
Physician, Bharatpur.

FEVER is a symptom of most diseases and therefore, the commonest human malady. It is an external manifestation of the battle royal between the invading pathogenic organisms and the body's resistance. Fever may be continuous as in the Typhoid group, intermittent as in Malaria or remittent (diurnal variation without touching normal) as in septic fevers; general malaise, headache, pain in the joints and nausea usually occur in all fevers.

People should know that fever is only a symptom and the treatment should be directed at eradicating the cause, which should first be ascertained. Laboratory investigations of the blood and urine may be necessary to determine the specific line of treatment to be instituted, for example, quinine for malaria and antibiotics for sepsis, chloromycetin for typhoid etc. Once the pathogenic organisms get under control, the fever automatically subsides.

There is one condition however, which requires energetic treatment, *viz.*, hyperpyrexia (high fever) which may be accompained by severe convulsions, particularly in children. Physiotherapy is the proper line of treatment for this condition—*i.e.*, the application of ice cap to head, cold sponging, ice water enema etc. The sick room must be kept well ventilated.

'Diet' during fevers is a very common topic, raised by the patients' relatives. Indian patients are traditionally given to severe diet (Perhez) restrictions, and would much rather starve during fevers. Many wrongly believe that indiscretion in diet can cause fever. Dietetic indiscretions cause diarrhœa and vomiting and may cause a slight rise in the temperature, but not acute fevers like malaria. Erroneous beliefs should be dispelled by educating the people. The erroneous and fantastic notion that lime and orange juice and butter milk, usually prescribed by doctors will produce cough, phlegm and pneumonia should also be dispelled from people's minds.

Starvation is an age-old prescription in India for fevers. Fever patients usually have a very poor appetite, but starvation is not a cure. In fact, metabolic processes are accelerated during fevers and if food is denied, the internal stores will naturally have to be drawn upon and the vitality thus depleted. Light and easily digestible food must be given during all fevers, including typhoid.

Virus is a disease-producing microbe which is much smaller than ordinary bacteria and cannot reproduce outside of the right kind of living cell. Poliomyelitis is one of the many diseases caused by virus. Typhus (not typhoid) fever is another.

JUVENILE DELINQUENCY:

(*Do Bad Boys Come from Bad Parents?*)

LLOYD LOCKHART

THE why and wherefore of juvenile delinquency—what causes "bad kids" and how they can be treated—is being studied exhaustively in the corrective centre, Menlo Park in New Jersey by scientific experts on a group of 600 adolescent lawbreakers, during the past three years.

According to these authorities, young criminals don't just happen —many factors contribute to their downfall. "There is, however invariably behind each erring child an inadequate parent," said Harold Utts, Chief Social Worker. "Parents aren't always willing to accept this fact because, for the most part, they feel they have done their best and that somehow their youngsters have let them down!"

Faulty children don't always come from broken homes where fathers drink or mothers wander; on the contrary, there is average representation from rich families as well as from middle class families, where the father brings home his pay and the mother is a model of devotion.

"These people, regardless of material circumstances, made a mistake somewhere in dealing with their children—otherwise their children wouldn't be here," stated Utts. "They put too much emphasis on toys and not enough on affection, or they nagged about school marks when the boy or girl was doing his best". Well meaning parents can thus be "inadequate" in subtle, devious ways, often without realizing it themselves. The problem of raising children covers a vast field but, according to psychologists, psychiatrists and social workers who have watched a sorrowful parade of unsuccessful adolescents, the correct formula can be summed up in three words: *love, affection and understanding.* There should be a warm flow of feeling between mother, father and child, which toys can and never will replace.

Utts has emphasized that most parents have a "god-given instinct" for raising children properly and there is no need to worry about them. These children are always loved and supported by their parents.

Judge H. S. Mott of Toronto who has just retired after a long career of 33 years as a juvenile court judge says "in the atomic age, parents have problems and I think they deserve credit for doing as well as they do." One mistake they make is trying to bring up their children by the same yardstick they were brought up by. This doesn't work out. I suggest to parents that they should face their responsibility and not run away from it, and that they should try to equip themselves for the job of raising youngsters by having a thorough knowledge of the growing child. I have great faith in parents. By and large, they are anxious to help their children."

Dr. Morgan Wright, Psychologist of the Toronto General Hospital, rightly considers that "the home is responsible for the early moulding of the child's character. Too much emphasis cannot be put on family-life, because a warm hearth provides a better guarantee of success than a big bank balance. Still, considering the numerous stresses and strains on family life today, he feels that the average parents strive to do what is right for their children.

Menlo Park the corrective home for delinquents, gets all types of lawbreakers, from eight to 18 years of age, both boys and girls; among them are kleptomaniacs and young criminals found guilty of arson, murder etc.

These youngsters got mixed up in their thinking (neurotic is the technical word) because their family life was unsatisfactory in some way of which the youngster himself was not aware.

At the Menlo Park the young delinquents are given 14 tests to determine, personality, intelligence, kinks etc. Incorrigibles are thus soon sorted out. The three months' analysis here, enabled a third of the total number of jevenile delinquents to be returned to the community with no strings attached.

The unusual feature of this centre—the Menlo Park—is that it acts as a buffer between the magistrate and the reform school. Judges in New Jersey are not compelled to send delinquents to Dr. Ralph Brancale, the director, but they usually do. They take advantage of a service which relieves them of considerable responsibility.

This diagnostic centre has three full-time psychiatrists and four part-time psychiatrists and six psychologists, four social workers, a doctor, dentist, four nurses and 25 technicians.

After delinquents spend three months at Menlo Park, a round-table conference determines each one's merits and demerits. This takes place in a bright sunny room where the conversation is informal. Suggestions fly back and forth and the sum total of these suggestions decides the subject's future.

The diagnostic centre furnishes a recommendation on each delinquent to the court, which convicted him; and the court usually accepts it. Every effort is thus made to find (1) what brought the youngster to Menlo Park and (2) how he can be restored to society as a useful citizen.

Day after day, the dreams, desires, hopes and repression of tortured minds are laid bare at Menlo Park. And while officials make no broad-scale claims, they are spurred by the fact that of the first 500 delinquents to enter this institution only 13 did not have sufficient native intelligence to get through high school. Fully 40% were considered college material. In other words, delinquents are not stupid—they can discern right from wrong and, if they fail to do so, the parents are considered in some way responsible.

"When a father and son go on some business together, that's good", said one official, "but when the son doesn't want to accompany and the father insists—that's bad."—(Adapted from *N.N.F.*)

Halitosis (Offensive Breath)

Lt. Col. G. CLARKE, M.C., M.R.C.S. (Eng.),
Masab Talab, Hyderabad (Deccan).

"I have heard so much about Chlorophyll tablets recently, Doctor, I would like to know if it would be safe for me to take them", and in this way it came out that the young lady suffered from offensive breath. She had done everything she could think of, to cure herself of the complaint, but without success.

She was a vivacious young woman. She had no headaches, tummyaches or anything like that, she felt quite fit and well except for this awful handicap which was weighing her down and making her life a misery through worrying about it. For sometime she had noticed that people turned their heads away when she talked to them, and it made her feel a sort of social outcast from the way they behaved towards her.

She knew about halitosis, the medical term for foul offensive breath. She had asked her mother about it, who had told her that she probably needed an aperient, but that had not made any difference to her breath. She had tried gargling and used various scented tablets for rendering the breath pleasant, but the disagreeable complaint persisted.

The usual cause of foul breath is generally some local condition in the mouth. A decayed tooth may be present without causing any pain or inconvenience. Any infection of the mouth, throat or nose may be the reason.

The shape of the teeth is important. If they are tightly packed at the top and have spaces between them lower down it is difficult to remove particles of food by brushing with a toothbrush, a certain amount of debris remains, and when this decays it is bound to impart an odour to the breath.

Teeth should be cleaned after every meal, and the spaces between the teeth cleaned out with a strand of dental floss—a kind of silk thread sold by chemists. A carious tooth should be filled.

A furred tongue may also cause bad breath. Fur is most troublesome, when it occurs at the back part of the tongue, and is a sign of indigestion, usually the result of hurrying through meals.

After attending to local conditions in the mouth and nose, chlorophyll tablets may be tried. It is not clear how they act, but they do seem to absorb odours.

Regular dental inspection of the condition of the teeth is most important in these cases. Particles of food should not be allowed to remain between teeth, and the back of the tongue should be scraped with a tongue-scraper and glycerine with Boric acid applied with the finger after cleaning the tongue in the morning.

Allergy is an unusual response in an otherwise normal person to a foreign substance of a protein nature.

PERSONALITY

(In Relation to the Growth and Health of the Individual)

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THE word 'Personality' has several meanings, some referring to superficial, external characters and others to the intrinsic native qualities. It is indeed the "sum of the qualities, attitudes, habits and interests and of the physical, spiritual and intellectual characteristics that make up a particular individual—one with a separate and distinct entity. It must be viewed in the context of the individual's environment, his relationships with people, personal problems, sense of responsibility and ways of expressing his inner drives. His deeds, feelings and reactions combine to make him totally different from every other human being". (Dickerson and Sweeney in *J. Soc. Hyg.*, 39 : 4).

I. Development of personality :—The main factors involved in the development are: Temperament, Disposition and Temper. Dr. Ewen, the famous psychologist of the Surrey Mental Hospital, elaborates these three factors:

(1) *Temperament* is the result of the metabolic and chemical changes that are constantly going on in the human organism. The secretion of the ductless glands *e.g.*, the thyroid, sex glands, and adrenals have a profound influence on controlling and modifying temperament. The organic sensations arising from the body organs tend to tone all mental experience, while the constitutional peculiarities of the central nervous system and of the body have considerable influence on temperament.

(2) *Disposition* is the degree of strength in which the instructive impulses are inherited and is the sum total of the individual's instinctive tendencies. If any one of these instinctive impulses is markedly stronger than the others, the disposition is characterised by its peculiarities, *e.g.*, pugnacious or timid dispositions. Self-control and social sanctions check and inhibit the instinctive tendencies and the personality becomes balanced and harmonious.

(3) *Temper* is the expression of the mode of action of the impulses caused by longing, craving, desiring and willing (all of which together is known as *'conation'* in psychology). Conation may vary in strength and persistence and a corresponding variation of temper results. There are many varieties of temper, and an individual is spoken of as being of a steadfast or impulsive temper according to the force with which he exercises his *conative* activity (*i.e* , he exerts his *'felt capacity' to strive*).

It will be seen that personality is in the main provided by heredity; but education, example, environment and self-control, do

much to shape and modify the personality especially in the impressionable years of life.

II. The background of personality.—Every child inherits certain gifts from the parents; physically we observe children taking after the parents, sometimes even the grand or great grand parents in the matter of complexion, colour of eyes and hair, bony structures, stature, and facial features. Environment often also plays a very important part in the development of personality and several elements therefore, enter into the final make-up of the individual. In an admirably well written article for the use of youth leaders, Dickerson and Sweeney have analysed these various elements and correlated them with the formation of character and the development of a healthy personality. How the physical, intellectual, social, emotional and spiritual elements enter into the make-up of the individual's personality is summarised below from the author's elaborate exposition, for the benefit of our readers.

(1) *The physical element* :—Physical factors can affect mental attitudes and these latter can affect physical health. If one has good health, he has a well-rounded personality with a cheery optimism and liberal outlook; whereas in one who suffers from headaches, digestive disorders, fatigue etc., the mental faculties and ability to live in harmony with his fellowmen are at a low ebb. Physical ailments, bad teeth, crooked posture and other remediable defects make the individual unduly self-conscious about his appearance and thereby affect his social ease, and poise. There are several people who have physical handicaps and are still able by dint of their wholesome mental make-up, to live productive and successful lives. The care and nurture which one receives while he is a child, the healthy exercises and habits he then practises, the pleasant social activities in which he engages with other children of his age, and the various other health-giving measures which his parents adopt—all these help in laying the foundations of physical fitness and good general health in the child. It will be the child's responsibility to maintain them as he grows up and "the extent to which he accepts this responsibility will indicate his emotional maturity".

(2) *The intellectual element* :—Mental or intellectual equipment varies from person to person. As a factor in personality, brilliance of intellect is important only to the extent to which the brilliant person makes use of his mind in a constructive manner and accepts brilliance for what it is—a personal responsibility. Normal intellect must be regarded similarly—as an endowment carrying personal responsibility. Even persons with limited intellectual attainments and resources, can win respect and succeed in life by putting their limited capacities and talents, to the maximum use. The human mind responds to repeated experience, *i.e.*, habit.

"The best mind in the world would be like a runaway horse—out of control and even potentially dangerous—unless tempered by good habits and self-discipline". Psychological tests have been devised to assess with accuracy

individual skill, aptitude and intellectual capacity, all of which go into the general make-up of the individual. These provide broad-scale measurements but not a complete evaluation of one's capacity in all spheres of human endeavour.

(3) *The social element*:—A man's successful existence in society, as a useful and welcome personality, depends largely on his family background, customs and traditions; on codes governing the communitys' traditional habits and procedures of life; on the economic, cultural and religious patterns which the individual has been taught to follow. When, as a child, he plays with children of his age, his personality is moulded and governed by the relationships and playthings which he considers important. "Young people, generally tend to share their parent's views on moral values. But since their friends may also influence their moral attitudes young men and women need to realize that they should not buy good social standing in the group at the cost of their principles. By following the group to the detriment of one's convictions, one can fail to acquire a fine and mature personality."

(4) *The emotional element*:—Emotions and feelings influence people very much. Love is an emotion and usually influences men and women to make great sacrifices for each other. Mature love of his country and affection for his comrades make a soldier willingly risk his life in combat. Anger is also an emotion, and can incite people to do wrong and cruel acts and utter harsh and unpleasant words. Fear may create envy and jealousy of another's success, to such an extent that the individual becomes embittered and acts to the prejudice of his competitor who was his erstwhile good friend. If people allow their emotions to get the better of them and guide their actions, they lose reason, judgement and wisdom born of experience. Fear can also be of good service under certain conditions, as it usually warns people against impending danger. "Emotional growth is therefore, part of the total personality development. Both in military and in civilian life, emotional tone is considered to be as important as physical fitness and good health".

(5) *The spiritual element*:—"The spiritual development of an individual is intimately connected with the emotional growth and social development of an individual and with his environment. The child's aims and aspirations, his sense of relative values, his creative abilities and perception of æsthetics, his ability to perceive the hand of God in every little item of his daily routine, and his adjustability to his fellowmen are all governed and enhanced by happy emotional growth. Early in life, the child learns to choose, and exhibit the root development of conscience. His choice in anything, say, food, dress, sport are largely motivated by his desire to please his parents and hold their love and approval and by the fear that any deviation or omission on his part in this regard may result in the parents' withdrawing their love and approval". Later on, as the child grows, the real sense of values begins to dawn on him

but it is largely influenced by the example, aspirations and ideals of his parents and other adult members whom he loves, respects and admires. It is therefore, the duty of discerning parents and teachers, to guide the children in developing the spiritual element in their personalities.

(To be continued).

Premature Infants in Later Life—A Study in Development

THE personality and achievements in later life of 22 unselected prematurely-born infants were studied by Drs. Howard and Worrell of Springfield, Illinois, U.S.A. These infants had birth weights up to 1820 gm. (four lbs.). The final age at the time of the examination covered by this investigation, varied from 8 to 19 years. A few physical defects were found, consisting of malnourishment, dwarfism, obesity, hypothroidism (cretinism or stunted mental growth). Congenital absence of tooth-buds, scoliosis (curvature of the backbone) and undescended testes. One child had keratitis (inflammation of the cornea of the eye) at birth and eleven were hypermetropic (long-sighted). It was concluded that the eyes of premature infants may be frequently defective. Otherwise it is difficult to say that prematurity itself affects physical growth.

The intelligence quotients of the 22 children ranged from the high grade moron level (highest mental deficiency with I.Q. of 50 to 70) upward, with a fair distribution, to very superior intelligence level. Prematurity *per se* seemingly does not affect intelligence, except that a more than average percentage of premature infants have intracranial hæmorrhage. One from the authors' group had had a diagnosis of definite brain damage at birth and others suspected of having this damage. This is apparently reflected in a higher than expected incidence of mild mental retardation. Using birth-weight as a criterion, there was no relation between the degree of prematurity and the resultant intelligence quotient.

The results of the tests for personality in addition to the information gleaned from the psychological interviewers and the histories showed that over 50 per cent of the children have made unsatisfactory or below-the-average personality adjustment. Contributing factors observed, included premature birth, over-protection by parents and poor physical endowment. Twelve had personalities of the submissive, passive type. Eight of the 22 showed unusual aggressive tendencies. Other behaviour aberrations observed were nail-biting, two cases of habit spasms and one case of chronic masturbation. It is suggested that study of premature infants who are necessarily deprived of immediate postnatal (after the birth) maternal tenderness may finally offer a basis for assessing the theory that such tenderness is necessary.—(*Paediatrics*, 9:577-584: *J.A.M.A.*, 150: 3, 1952).

CONNEMARA ... 21 AUG 1955 MADRAS

Music and Mental Health

DOCTORS who are in charge of the management of the mentally ill have come to realize that music is one of the best medications for the mind. Dr. Podolsky cites among other observations the favourable effect of orchestra music on 1300 patients affected with every grade of mental derangement assembled during meals in the dining room. Under the influence of music, they were all quiet, self-controlled and observed as complete decorum as could be found in the dining room of any large hotel. Podolsky also mentions individual cases, in which music proved of very great benefit.

Music heightens depressed feelings and calms over-active patients. It can change a dissatisfied and destructive mood into a satisfied and constructive one. Participation in music, as performers, provided for mental patients an emotional outlet for repressed feelings and at the same time they were encourged in self-expression. By playing instruments, the patients practised coordination of nerve and muscle. They derived a sense of accomplishment from playing and showed signs of relaxation, achieving release from their anxieties, emotional conflicts, and mental confusion. Small rhythm bands provide enjoyable activity for regressed patients. Individual music therapy in the form of private instruction in vocal or instrumental music, and composition is often helpful in awakening old interests and instilling self-confidence.—(*Military Surgeon*, Washington, June 1952.)

How are Dreams Caused ?

Dreams may be occasioned by a variety of stimuli. Any sensory stimulus may produce a dream. The nightmare of the dyspeptic is well known, while the noise of the wind or the rattling of a window may determine a dream content. In these cases the dream is an illusion—a false perception. In other cases the dream may be an hallucination—a train of thoughts and images that have not much relation to the present sensory stimuli. Touch and pressure stimuli are important factors in producing dreams. Any state of uncomfortable tension—tight bed clothes or night wear may determine a dream and its contents. Sleeping in an uncomfortable position, is a potent source of dreams. The lowering of the respiratory exchange that occurs during sleep produces excess of carbon dioxide in the blood which may have an exciting effect upon the cortex of the brain and dreams may follow.—(*Psychology* by Dr. Ewen of Surrey Mental Hospital, London).

The Secret of Peaceful Living

He who would live in peace and at ease must not speak all he knows, nor judge all he sees.—(*Benjamin Franklin*).

HEADACHES—Their Cause and Prevention

Mrs. SHANTHI DEVI KRISHNAN,
Basavangudi, Bangalore-4.

PAIN is nature's kindly warning that something is wrong in the body's economy which requires attention. The most frequent site of pain is in the head ; headache is not a disease but is merely a symptom. It is largely preventable for it often originates in acts or habits which are within our control.

Headaches due to eye strain are commonly felt just above the eyes or in the temples. Those originating in constipation or indigestion appear in the forehead and front of the head, sometimes reaching to the top of the head. Nervous headaches have a way of manifesting themselves in any quarter. One type is called the "helmet" headache because of the pressure on top of the cranium. Manifestations of hysteria are usually felt in a spot on top of the head.

We are ourselves to blame for many headaches and can check their recurrence. As we all know, these illnesses often result from breathing contaminated air in homes or in public places. The housewife who complains bitterly of the discomfort of cooking might feel altogether differently if she would keep a window open to let in fresh air, for ten minutes of every hour, even in the coldest winter.

Headaches may come from bad posture in sitting. When you are slouched in your chair, the blood stagnates in the large abdominal blood vessels because circulation is impeded. The blood is thus kept from the brain and a dull, stupid headache may ensue. You should sit erect keeping the lungs full of fresh air. Reading on a moving car, train, bus or tram-car, entails strain ; so also does reading in a dim light, or with the light shining into your eyes or striking glaringly on the printed page. Eye strain may bring a feeling of weight in the eyes and even a sense of tiredness affecting the whole body. The optic nerve is very short and is practically a projection of the brain tissue. When we abuse this optic nerve, we are actually mistreating and assailing the brain at very short range. For reading, the light should be diffused from above or fall over the left shoulder. If it is too brilliant, it may cause headache. Reading in bed or when reclining on a couch or hammock is considered harmful by many ; it may not be so hurtful really, if the light is correctly adjusted and of proper quality, and if the body is propped in a position in which the printed page is held at the proper angle of vision. This should be a comfort to the many who find enjoyment and invitation to sleep in this nocturnal habit.

High heeled shoes worn by ladies may cause headaches as they raise the body and tilt it forward out of plumb, the natural equilibrium of the body is destroyed, the pelvic organs are displaced and great strain is thrown on the

spine, muscles and ligaments and on the bones and soft parts of the feet to enable them to keep the body upright. Many so-called nervous headaches are due to modern fashionable foot wear.

A particularly distressing form of headache is the migraine type, also known as the "sick headache". Migraine frequently runs in families and has been traced through four generations. This hereditary tendency may sometimes be overcome by hygienic habits of living and adequate medical attention to weak spots. The disease often begins in childhood, rarely after thirty, and tends to disappear by the age of forty-five or fifty.

Common among exciting causes are indigestion, constipation, wrong diet, fatigue, nervous exhaustion or emotional upset. Premonitory symptoms include a feeling of indisposition, fatigue, faintness, loss of appetite, constipation, and infrequently, insomnia for a night. The headache comes later. It may be of the "blind" type, as if a veil was being drawn before the eyes. An attack may last a few hours and seldom continues longer than three days. Proper living habits and medical attention to any organ which needs it, are the best weapons of defence.

Headaches may be marked by too much or too little blood in the brain. In the former, the trouble is commonly due to poisons in the system, caused by faulty elimination, or due to alcohol, tobacco, tea, coffee, drugs, foul air or tainted foods. Exercise in the fresh air, hot foot baths and other applications of water, and an enema are helpful for obtaining relief. The anæmic or neuralgic headache is marked by poor blood supply. In general anæmia, there is likely to be a constant headache. The patient is usually pale and listless. Malignant disease, presence of pus in any part of the body, hæmorrhage anywhere, malnutrition, pernicious anæmia, are all conditions which may be accompanied by anæmic headache. Lying down generally relieves the distress, as that position favours the flow of blood to the head. Patent medicines should be strictly avoided.

Tension or emotional headaches are especially common among women. The pain is described as throbbing or "splitting", or perhaps the victim cries "my head feels as if it would burst". Any one of a number of mental states may cause the phenomenon. They may range from violent temper and great grief to worry or vexation. Building up of the general health by exercise, diet and relaxation will aid in relieving tension. A great sorrow can be used as a refining and an ennobling influence. It can build character. —(Condensed from *Good Health*, U.S.A., June '53).

Three Dimension X-ray

Dr. George H. Ramsay, Professor of Radiology at the University of Rochester, U.S.A., recently demonstrated a new three dimensional X-ray process at the Seventh International Congress of Radiology held in July 1953 in Copenpagen, Denmark. The new process expected to be of great value in diagnosis and research, brings out clearly bone-structure and the relative position of body organs in action, both in normal and abnormal conditions.—(*Sunday Standard*, 23-8-'53).

Writing Through Breaths

Necessity is the Mother of Invention

EGON LARSEN

EMIK AVAKIAN, resident of a New York suburb, whose parents originally belonged to Armenia but settled in America several years ago, has invented the most extraordinary self-help machine. He was attacked by paralysis of the brain; he can hardly use his legs and arms and he is only able to speak with the greatest difficulty. Smilingly he said that he found some of the easy things so hard, such as the tying of a shoe-lace, for instance. But he tries to overcome all these sad and severe handicaps with an energy which has to be seen to be believed.

Studying at the Columbia University he succeeded in passing the examinations only by dictating his written answers to typists, who, in turn, could hardly understand his stammerings. Already, in those days, the almost super-human brain of Avakian was obsessed with the idea of inventing and building a typewriter which he could use himself without the aid of his hands. In the course of a few years, and with the assistance of two technically-minded and themselves ingenious friends, Emik Avakian has succeeded in realising his dream. This typewriter transforms his breathing into writing.

This very complicated device, sprung from a master-brain, makes use of a normal electrical typewriter with a small built in electronic brain. The 'brain' moves the letters on the key board. The actual physical pressure on the levers comes from four microphones into which Mr. Avakian breathes. His alphabet consists of a breathing code. The letter '*a*' for instance is expressed by three short breaths into the first microphone, three into the second, and four into the third, and one into the fourth microphone, thus being called number 3341. The code number for breathing in order to produce letter '*b*' is 2422 and that for the letter '*z*' is 4312. There are, of course, different code numbers for capital letters, small letters, figures and such things as paragraphs, spacing etc.

The typing on this machine is a slow but most reliable process.—(*The Ind. Exp.*, July 1953).

It Pays to be Good

The way of transgressors is hard at the end,
No matter how sweet at the start;
Illicit delights hide death in their cup,
A poison that strikes at the heart.

And so it is wise to obey every law
Of God, or Nature, or Man,
To avoid every fault, to live without flaw,
Or atleast to be as good as you can.—*Good Health*, U.S.A., Aug. '53.

NEW LONDON HEALTH CENTRE

COVERS BIRTH TO OLD AGE

(Comprehensive Services Under One Roof)

RECENTLY all the services at Woodberry Down, London's first comprehensive health centre —came into operation. A health centre providing all general and some specialised medical services has for many years been the dream of public health experts in Britain. The first target is to provide such a centre in each of the nine health divisions into which London has been divided. Since Woodberry Down is larger both in size and scope, and within the London area, it will inevitably be watched more closely, and the lessons it provides will be applied to further health centres to be built later when funds permit.

Woodberry Down health centre, has been designed to serve not only the 6,500 people living on the estate, but a total of 24,000 drawn from the surrounding villages It houses under one roof consulting units for six general medical and two dental practitioners, a school health unit, a child welfare unit, an ante-natal unit, a remedial exercise and child guidance clinic, a chiropody clinic and a day nursery, also accommodation for visiting specialists, a minor-operations theatre. A refreshment room is provided for staff and patients.

All maternity, child welfare and school health services are operated, by the London County Council, through a staff of salaried servants. The six doctors at the health centre have been selected by the London Executive Council from among National Health Service practitioners already in practice in the vicinity of Woodberry Down.

At Woodberry Down, a rota provides for one doctor on duty in the evenings and at week-ends, to deal with emergency cases. If Doctor X happens to have gone out of town on his Sunday off, his patient will have no difficulty in getting medical attention. The centre rota makes a doctor available 365 days and nights of the year.

Doctors and patients alike benefit from the inclusion of all services under one roof, and from the opportunities for discussion of cases where six practitioners are working side by side. But the six doctors are not operating a group practice in which each is a partner under a partnership agreement. The facilities available and the arrangements for general practice at the centre are, however, sufficient to permit any form of co-operation which the doctors desire to develop. But, with all these facilities for the treatment of disease, Woodberry Down does not forget that it is a health, not an ill-health centre. It holds regular lectures, film shows, and "brains trusts" dealing with many different aspects of positive health, which can be attended free of charge by all,—(*B.I.S.*, 10-8-'53).

The Truth About Chlorophyll Products

DR. F. H. WESTCOTT addressing a meeting of the American Pharmaceutical Manufacturer's Association at New York on the 3rd February 1953, said:—

"Important therapeutic and deodorant applications of chlorophyll derivatives have unfortunately become confused with reports of chlorophyll popcorn and chlorophyll diapers, with some pretty mediocre television humour, and with a rhythmic but inaccurate couplet about the goat. Take the question of why a goat reeks, even though he stands on a hill eating his fill of chlorophyll. It is appalling how many scientifically qualified people have been victimized by that goat. The fact is that the goat's digestive system and the goat's odour are biologically unique and not to be compared with normal human digestive processes or odours. When a goat eats grass he is partaking of an oil-soluble chloroplast. He does not have the capacity, to convert this to the type of chlorophyll derivatives which have been clinically proved to have the deodorizing property. Thus, there is much rhyme, but no reason to the often repeated couplet about the goat and chlorophyll. The action of green grass has no more to do with the action of processed chlorophyll than the action of coal tar has to do with the well known coal tar derivative, Aspirin. One would not expect coal miners to be free from headaches because they inhale coal dust. Nor any one who understands the subject, expect a grass-eating goat to be free of odour. Equally disturbing are the ridiculous applications of chlorophyll which have no relationship to the clinical work that has been done. Some promotionally-minded manufacturers and advertisers put a little chlorophyll in a product and then invoke sound research on different products, different dosages, different applications. They may be successful in fooling the public for a while. But in the longer view they are inviting public and professional disappointment with chlorophyll products, and unfortunately the harm done by the chlorophyll popcorn and the chlorophyll-impregnated baby pants, hurts not only them, but sound products as well. This hampers the serious scientific work in the field. Those of us who have spent years of study on chlorophyll's legitimate use in medicine have a right to be upset when we see impossible values attributed to it. We are only on the threshold of a full understanding of the properties of chlorophyll and of the values it may hold when properly applied.—(*Indust. Med. Surg*, July 1953).

Flowers Spring from Leaves

Large crowds of visitors flocked to the garden of a local resisdent's house in Nagiri, where the leaves of a flowering plant (*Parnapushpi*) put forth flowers which blossom every evening. The flowers are fairly big in size and start fading about midnight.

Dreams and Sleep

A WELL-KNOWN man in England had among his ancestors a number of men and women who committed suicide. He himself became despondent and melancholy. A physician told him that mental fatigue was his trouble and persuaded him to try an experiment. The man scoffed at the idea of taking a nap in the middle of the day but agreed to sit in his easy chair every afternoon with his hands over his knees, holding a dinner bell in both hands. If he lost consciousness and went to sleep, he would be willing to sleep for so long a time as it would take for the dinner bell to fall to the floor and wake him up. Everyday for several months the man sat down after luncheon with the dinner bell in his hands. Every day he went to sleep, slept for half a second, while the bell fell to the floor and his mental condition improved steadily, partly because of the rest which his mind got by losing consciousness for a second, and partly because of his interest in the extraordinary dreams which passed through his brain while the bell was falling which carried him all over the world and seemed to last indefinitely. A long succession of clear events, passed before his eyes, gradually interrupted by a sound from a distance which would first mix with the dream and ultimately prove to be the dinner bell striking the floor. The ordinary person who says that he has been dreaming all night probably does not realize that he actually dreamed about a second and a half just as he was waking up.

A study of the duration of our dreams will show the marvellous structure of the brain and the unlimited possibilities of its development. We have no conception of the speed at which it works, no idea how feebly our most violent efforts at writing or speaking or otherwise formulating thought reflected the possibilities of thought itself.—(*Alkaloidal Clinic*, Sept. 1902).

Freud's Sexual Theory

While most psychologists hold that the sexual instinct in man does not develop much before the age of eight or nine, Freud believes that sexual life starts really at or even before birth. The sexual instinct of the child may be evoked by any sensory stimulation but especially by stimulation of the erogenous zones ; so normal sexual development takes place About the age of seven disgust, training, and environmental conditions begin to check this infantile sexual excitement until puberty is reached. Then the sexual instinct increases in force, but its manifestations are repressed and sublimated. If this process is hindered, sex perversion or a neurosis may be initiated. This important process of repression and sublimation should be assisted during a child's impressionable years by moral training, example and proper ideals of life and conduct.—(Dr. J. E. Eweh, *Psychology*, 1952).

HEART DISEASE

Cause and Prevention

GEORGE M. WHEATLEY, M.D.,
Vice-President,
Metropolitan Life Insurance Co., New York.

HEART DISEASE has become a problem of such importance that thoughtful men and women everywhere are concerned about it. Actually the disquieting facts about the disease have been given so much emphasis that it is well to look at another side of the picture.

Heart disease is a broad term, for just as any organ of the body can be attacked by a wide variety of diseases, so can the heart and blood vessels. The complicated circulatory system is subject to many kinds of damage and thus the term "heart disease" refers to a group of diseases which have no resemblance to one another except as they all affect the heart and blood vessels. When diseases of the heart are considered separately, we find that some of them are being controlled, almost to the point of nonexistence, and that only a few are still major causes of mortality.

The three most important from the mortality standpoint are rheumatic heart disease, hypertensive heart disease, and coronary heart disease.

1. **Rheumatic heart disease.**—Rheumatic heart disease, due to rheumatic fever, is responsible for approximately 35 per cent of all heart disease. It is the leading cause of death among children from 5 to 19 years of age. In many cases the initial attack of this disease is followed by recurrences and these increase the damage to the heart. The exact cause of rheumatic fever is unknown. Rheumatic fever tends to run in families. Whether this is due to heredity, to environment, or to both, is still open to question. Studies seem to indicate that over-crowding, poor ventilation, unhygienic conditions, malnutrition, and similar factors contribute to its incidence. Of these, overcrowding seems to be the most important, probably because respiratory infections spread readily among those who live in close quarters.

Treatment during the acute attack of rheumatic fever consists of bed rest. Aspirin or other salicylate preparations give relief from pain but apparently do not alter the course of the disease. Recently, experiments have been made in giving cortisone and ACTH during an acute attack; these new drugs do not seem to have any greater influence on the disease than the salicylates.

2. **Hypertensive heart disease.**—Persistent high blood pressure and the resultant changes in the heart and blood vessels, are the most common causes of heart disease in middle age. The circulation of blood is impeded and the heart is obliged to work harder to keep blood flowing at a nearly normal rate. In time the added effort forces the heart muscle to enlarge.

In about five percent of hypertensive heart disease, the condition seems to be due to kidney damage. But for the other 95 per cent, known as essential, or primary hypertension, no satisfactory explanation can be given. It is quite possible that several factors are involved. Heredity is probably the most important of these. Obesity is frequently associated with it also. Glandular disturbances may be implicated and nervous and physical strain play a part. In the course of recent research studies much useful information about the function of the kidneys has come to light.

Various methods of reducing the blood pressure have been tried. Experiments in diet are going on Two special diets are frequently used which seem to benefit a limited number of persons. One is designed to reduce the amount of sodium chloride (common salt) in the diet. The other is the rice diet (Kempner's) which has a low sodium content, is low in protein, and contains little fat. It consists in giving the patient only rice, fruit, and sugar during the first six weeks,

after which other foods are gradually added.

Drugs are also being used in appropriate cases with beneficial results. Since they may produce undesirable side-effects, *it is important to give them only under careful medical supervision where the patient's response can be checked frequently.*

Surgery is helpful under certain circumstances where the blood pressure is very high and serious complications may be expected and where other treatment has not been beneficial. Surgery is usually successful in lowering the blood pressure and alleviating symptoms and the improvement often lasts for a long period.

3. **Coronary heart disease.**—Speaking broadly, coronary heart disease develops when there is an impairment of the coronary arteries which hampers the supply of blood to the muscles of the heart. The main cause of this condition is arteriosclerosis—a roughening or thickening of the lining of these coronary arteries—which may result in a narrowing of the passages or their blocking by the formation of a blood clot, or thrombosis. Other conditions, such as diseases of the blood, also may interfere with the coronary circulation. This type of heart disease is most common after age 50.

Coronary insufficiency is the term used to describe any condition where the myocardium (the heart muscle) is suffering from a deficiency of blood-supply. Various symptoms may be produced by varying degrees of coronary insufficiency.

Sometimes the blood supply is enough for a heart at comparative rest but not for a heart which is under the stress of physical exertion or emotional tension. *Angina pectoris*, a painful, strangling sensation under the breastbone, which comes on, in brief repeated attacks is an example of what happens when the heart is no longer able to meet the demands made on it. The initial attack of angina pectoris is sometimes the first noticeable symptom of a coronary disorder. Certain drugs are useful in helping to ease or prevent these attacks and these should be prescribed by the doctor after due examination.

Coronary thrombosis, the closure of a coronary artery by a blood clot, is a sudden, severely painful, but striking way of announcing coronary insufficiency. The majority of persons survive the first attack of coronary thrombosis. After a sufficient period of rest, during which the heart muscle has a chance to heal, the afflicted person is often able to resume normal living for many years.

The present use of anticoagulants, both heparin and dicumarol, is helpful in reducing the complications of thrombosis, and sometimes they may be effective in preventing or delaying it. These drugs may be used *only* under constant and efficient medical supervision.

Arteriosclerosis, the main cause of coronary artery disease, has been regarded hereto as due to the natural process of aging. The tendency now is to look upon it as a metabolic disorder. According to the present theory, the over-consumption of cholesterol (a fatty substance eaten in food but also manufactured within the body) is responsible for this condition. Evidence so far available in support of this view is the fact that large amounts of cholesterol are found in diseased arteries.

4. **Congenital heart disease.**—A measure of control has also been gained over congenital (inherited from birth) heart disease. New surgical techniques have made it possible to correct several types of congenital defects, which might otherwise produce disability and early death. Now that surgery offers new life to some children handicapped by this form of heart disease, parents, physicians, teachers, and other adults have the responsibility for seeing that those who need it are promptly given the opportunity for surgical treatment.

5. **Bacterial endocarditis.**—Bacterial endocarditis, a serous infection of the endocardium (the lining membrane of the heart) is usually a complication of congenital heart disease or rheumatic heart disease. It can now be prevented or cured in many cases with the new antibiotics.

Prevention of Heart Disease

General measures, such as healthy living habits, weight control, and protection from infection should be observed. Perhaps most important of all is the

periodic physical examination which should be started in childhood and continued throughout life. This is the best assurance of having an early diagnosis which, in turn, means an opportunity to prevent or delay the development of heart disease. Periodic check-ups are all the more important, now that new and improved diagnostic methods are making accurate diagnosis for heart disease possible in most cases.

Besides the routine measures used for examining the heart, certain other methods are used, when the physician thinks it necessary. One is *electro-cardiography*—the making of a graphic record of the electric current produced by the contraction of the heart muscle in order to study the action of the heart muscle. It is also possible to test the heart's function by noting its reaction to various forms of physical exercise.

One of the newest diagnostic procedures is *angiocardiography*, for viewing the cardiac chambers and great vessels by X-rays, following the intravenous injection of a radiopaque substance. This is a valuable tool for diagnosing congenital heart disease.

Cardiac catheterization is yet another new technique for collecting samples of blood from the right-sided chambers of the heart and the pulmonary artery, to study the oxygen content of the blood and the blood-pressure levels.

The use of radioactive isotopes is the latest method of studying the circulating blood-volume. Isotopes are also used in treatment.

The promise of interesting and even surprising discoveries which may lead to the control of heart disease, lies in the research of today and tomorrow. —(Condensed by R. Dwarakanath, M.A., from the *J. Am. Assoc. Health, Phys. Education and Recreation*, Feb. 1953).

Sandwiches—How they Came to be Called So

Sandwiches and sandwiching are familiar words which have been in constant daily use, to denote an item in the *menu*, and metaphorically to express the idea of interposing something in between two things. Sandwiches are two pieces of bread and butter with a thin slice of ham, meat, egg mixture, jam, or vegetables like cucumber or tomatoes. They often make a fair square meal. This very simple and easily-made dish, derives its name from John, fourth Earl of Sandwich, who spent all his time in gambling and would not stop to eat a meal. So he ordered a slice of meat to be inserted between two slices of bread, which he could eat without interrupting his pleasure in gambling!

Sandwiches have come to be considered the national dish of the Americans. The Wheat Flour Institute estimates 27,000,000 of these food combinations are made and eaten daily. About 40 per cent of all restaurant orders call for sandwiches.—(*Good Health*, U.S.A., April, 1953).

Sexual after-effect of Gastrectomy (Operation on the Stomach)

In a study on 130 subjects who had undergone a gastrectomy for ulcers followed up for atleast 2 years after the operation Hillemand and Maffei observed either a significant decrease or total absence of sexual activities in 35 male and 3 female patients. This is not impotency but rather a lack of libido or an indifference These subjects were all sexually active prior to the operation This occurred in 6 persons out of seven from 21 to 30 years old, in 3 out of 7 from 31 to 40 years old, in 16 out of 54 from 41 to 50 years old At first, the authors believed these were post-operative disorders but this was disproved by careful examinations.—(*J.A.M.A.*, 150 : 2).

CORRESPONDENCE

To the Editor, HEALTH, Madras 1.

Dear Sir,

Ref :—"*Woman's Rightful Place : Queen of the House*" by Sri T. N. S. Raghavachari published in your August issue : I wish to make the following observations :—

It will be necessary to consider the case of women who are forced to seek employment for their maintenance.

In good old days every woman could and did marry ; but now we see many good-looking young educated girls from fairly well-off families who are not able to get suitable husbands, as every educated girl naturally expects her husband to be at least as educated as herself, if not more. This ambition, I should think, is very fair and just. Perhaps there are more women than men, in the country and the problem of finding husbands becomes more difficult. It is all very well for our big-wigs to say that women should keep homes and should not seek jobs. In life we meet with practical difficulties. Let those who are against women seeking employment solve the problem of the educated unmarried women who have to find their own means of livelihood.

Married women, whose husbands are financially well off do not need or seek jobs. Wives of petty clerks or teachers seek employment only to supplement the income of their husbands as it is not sufficient to meet the bare necessities of life owing to the high cost of living. The average man finds it difficult to make both ends meet. In modern times everything is made easy for a house-keeper. With all the modern facilities of cooking, I do not see any reason why an educated young woman should not seek employment and still keep home.

15, Armenian St., Madras-1. 5th August 1953.

(MISS) R. SIVABHOGAM, B.A., F.C.A. Chartered Accountant.

[Sri Raghavachari's article made it clear that the trend of informed public opinion favoured the view that education for women should serve as a security against family mishaps and that women, when *forced by circumstances* (not otherwise) to take-up careers, are best suited for only certain professions and for certain types of welfare-work and not for all jobs. The plight of highly educated and well-to-do girls who are unable to find suitable husbands, to which Kumari Sivabhogam refers is partly of their own making in many cases. There can be no gain-saying the fact that education of the proper kind to befit women to take their rightful place in the home and society, has not so far been provided and so our girls have been obliged to study the same subjects as men have to study and compete with them on the same plane. It is to this factor, our prominent leaders of thought and venerable statesmen have frequently been drawing pointed attention, with a view to bringing about a radical change in the existing order of things thus enabling our young women to have a proper sense of human values and the proper human approach to the problem of family life. It is not proper or right to say that they talk platitudes. They speak with *a full sense of responsibility and appreciation of the real needs of the nation.* The "ambition of highly educated girls to get suitable husbands with equal or higher education than themselves", may be "natural" but not necessarily correct or proper nor "*fair and just*".

It is quite possible for the educated young woman to supplement the husband's income by resorting to home industries like knitting, spinning, etc. and by meeting, with the aid of her education, the various domestic wants of daily life Thus for instance, she can spin on the '*charka*', make and repair the children's clothes and save on tailoring which is a big item in the domestic budget, launder the clothes, teach her children without the aid of private tutors and without allowing them to waste their time or spend a second year in any class and watchfully attend to various other details of domestic life, all of which would go to husband the family resources and make up the deficit to a great extent in an inadequate family budget. We would in this connection invite the attention of all our readers to the advice frequently

given by our esteemed Rajaji and this time, to the girls of the Ethiraj College on the Independence Day (15th August, 1953) extracts from which are given below.—Ed. HEALTH].

College Girls Should Equip for Family

Addressing the students of the Ethiraj College for Women, Mr. C. Rajagopalachari, said he was reminded of this day six years back. After years of foreign subjection, people felt suddenly that they were free, for the first time in the history of the country. He was one of those who felt that thrill at that time. They might not feel it today. It was just like a girl patient who has been prevented from having her regular diet for one or two months, suddenly being given her normal diet. They could very well gauge her feelings. Six years back, they had that same sort of feeling.

He also made a reference to family life and the place of the girls in it, and said: "You are young girls, about 500 strong. Each one, to my mind, is a potential head of a family. I do not look upon you as mere girls. You do not know, perhaps yourself, what you are going to be. But I know everyone is going to be the head of a family. Each one of you will have five little children to look after. You will have five little pupils very soon to look after, with great personal interest."

"This will be a sort of a little college and a mixed college at that, with three of them boys and two of them girls." Rajaji added amidst laughter that it would mean a compulsory co-educational institution, with no dismissal, etc Renewed laughter greeted him when he said the girls would have to look after the students and the hostel as well as the college. They would have to see to the training of their children, also from the earliest days, until such time when they thought the education would have to be handed over to another college.

"Therefore, you should learn *now* how to do it", he said, "Do not think that the college is intended to teach trigonometry, history and other subjects; the colleges are intended to teach boys and girls to be good fathers and mothers." (Italic ours). The training of motherhood could be divided into many parts. They had to learn geography and physiology in order that they might become good mothers, not only good mothers in the old-fashioned sense, but mother, warden, principal of the college—all these combined in the function of the modern mother.

The girls were more intelligent than the boys because the girl-students concentrated on their studies more than the boys According to the law of nature, the girls were bound to be more intelligent than the boys as they had to shoulder bigger and greater responsibilities. Nature itself afforded them more examples for this. A cow is more intelligent than the bull. The mother-sparrow seemed to be more intelligent than the father-sparrow. Therefore, they could accept it as a proved doctrine that the female species had a more acute brain than the male species. Boys would find fault with him as showing favouritism, but it was not so. Boys had distractions which the girls did not have, as the parents as well as society put certain (salutary) restrictions.

I wish you all good husbands. You cannot choose. If you begin choosing, you will begin quarrelling among one another. If you want my advice, one man is as good as another. Treat him politely. You must be able to say: "Whoever comes, I will manage"

Referring to woman going in for jobs he asked what would become of India if all educated girls make up their mind to enter careers *in life*!

'The population will go down and we will be very meek in this world. It is necessary for boys, and girls to have families. Most of you imagine that education is intended to enable you, to get some jobs, so that you need not have to obey the husbands. That is a false aim for wherever you are employed, you would have to obey your superiors."

The Chief Minister indicated that inter-dependence was much more necessary than independence. "Do not aim at individual independence for that would mean anarchy."—(*Sunday Standard*).

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Pleasant Topics from Periodicals

He is wise who knows that he,
Dust has been and dust must be.
But a fool is he who must
Fill the interim with dust. —R.D.N.

For Pimples on the Face

If you have pimples bathe with a solution of hot Epsom salts (magnesium sulphate) and change your towels every day. Go on a diet at once—give up all rich fried foods, chocolate, nuts, and rich desserts. Drink plenty of fruit juice, barley water, and skimmed milk, eat as much of raw salads and fruit as you like.—(GEM. in *I.W.I*)

When a middle aged man is asked to look back 20 years of his life, he says he was then in his *prime*, but when a middle aged woman is asked to look back twenty years, she says she was then in her *pram* !! (*World Digest*, May 1953),

A Scotsman travelling by a slow train from Edinburgh to London, aroused the curiosity of his fellow passengers, by getting out at every station rushing to the booking office and running back to get into the train almost as it was starting.

Answering a fellow passengers as to why he was behaving like that, he said. "The real truth of the matter is that I have heart trouble, and the doctor said that I may die at any moment. So I am getting my ticket from station to station," !!

Anti-Snake Serum—Claim by Geneva Zoologist

A 28 year-old Swiss citizen, allowed himself to be bitten by three vipers in the hospital of his little mountain town to prove that he had discovered an anti-snake-bite serum.

Watched by his wife, a Notary Public, the local Priest, and a crowd of about 20 onlookers, M. Pontet, a Geneva Zoologist, seized the vipers one by one behind the head with his left hand and forcing open their Jaws and lunged their poison-bearing fangs into his right fore-arm A brown and white rabbit was bitten by a fourth viper to prove the snakes were all venomous. Two hours after the experiment Pontet's pulse and blood-pressure were quite normal, though his arm was a little swollen. The rabbit was dead.

M. Pontet said the serum has a minimum lasting power of six week after it has been administered. He injected himself 17 days ago on April the 21st for the demonstrational experiment on the 8th May at Sainelegier in Switzerland.

A doctor dictated a report which was taken down *verbatim* by the Notary Public, while the experiment was being conducted M Pontet who will remain in hospital here under observation until Monday the 11th May, claims that his serum gives complete immunity from all all kinds of snakebites.—*Weekly Mail*, 8-5-'53.

Records of Exceptionally Large Families

There is a well authenticated case of a Russian who became a father for the 39th time at the age of 92. Such babies are invariably healthy and often prove to be highly intelligent. Old age in both parents is also not unknown; a Mr. and Mrs Steve Pace once had the unique experience of celebrating the marriage of their thirteenth child and then, only a few weeks later, of announcing the birth of their seventeenth child. Both were 74 at the time!

In 1951, a thirty-nine year old mother marked the 20th year of her marriage with the birth of her 21st child, while some years before the war, three Toronto mothers showed equal fecundity by giving birth to nine children, each in the same ten years,—thus qualifying for a large bequest under the terms of an eccentric millionaire's will.

Babies Big and Small

The largest human baby ever born weighed 22 lbs This was in New York in 1935. The biggest British baby was that born to a Crewe mother in 1935, which weighed according to the *British Medical Journal*, just 20 lb. In 1950, a Transvaal woman in S. Africa gave birth to a still-born 19½ lb. baby, which record is closely followed by the 19 lb. baby boy born alive in Beaver, Ohio.

The heaviest recent baby is probably that of Mrs. Mary Kinch of Bray, Eire, which weighed 17 lb. 3 oz at birth. As for tiny babies, the claim for the smallest ever born alive and healthy goes to the premature daughter of Mrs. Max Post of New York—weighing 11 oz. at birth. Another exceptionally small baby was reared successfully a few years ago in Mauritius. She weighed 16 oz. at birth, was only 13 inches high with a head no larger than a cricket ball; yet at the age of six months, she had reached 7 lb and was last reported as thriving normally.

A record baby of a rather unusual kind was that born in 1951 to Mrs. Lavonda Evans, a claimant to the title of "*the smallest woman in the world*", since she is only 2 feet tall. Her baby which unfortunately died four days after birth weighed nearly 4 pounds then. A happier but equally remarkable case is that of Mrs. Myrtle Carrington, an American woman. Four days after breaking her neck in a serious motor-smash, she gave birth to her nineteenth child, a 9 lb. girl. Both were none the worse for the ordeal.–(David Gunston in *Illustrated Weekly*, 9-8 1953.)

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Bites,
Snake-Bite,
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Strains and Rupture of Muscles,
Poisoning,
Insensibility,
etc., etc.

चौथा अध्याया

हड्डियों का टूटना।

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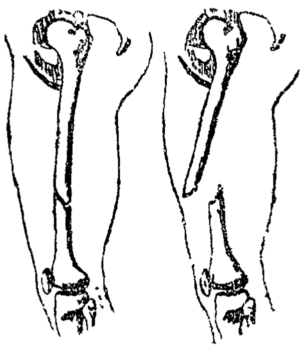

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